

Claims:

1. In combination, a frame guard device and a frame of a window or door, wherein the frame of the window or door is fitted in a wall having an exterior wall layer with a sill, the frame having a lower horizontal member adjacent the sill, the device comprising:
 - a) a base extending from the lower horizontal member of the frame; and
 - b) a compressive member extending from the base, the compressive member having a datum surface disposed between the lower horizontal member of the frame and the sill, the distance between the base and the datum surface defining a force-absorbing zone.
2. The combination of claim 1 wherein the compressive member comprises a strip of pliable material.
3. The combination of claim 2 wherein the strip extends downwardly at an incline to the vertical.
4. The combination of claim 2 wherein the compressive member is generally pivotable about an axis disposed along an edge of the compressive member adjacent the base.
5. The combination of claim 3 wherein a portion of the compressive member opposite the base is bent upwards away from the sill.
6. The combination of claim 1 wherein the device is attachable to the frame.
7. The combination of claim 6 wherein the device has an attachment clip extending from the base, and the frame has a corresponding recess for engaging the clip in a snap-fit arrangement.
8. The combination of claim 1 wherein the device and the frame comprise a single unitary structure.

9. The combination of claim 8 wherein the device further comprises a break-away panel extending between the compressible member and the frame.

10. A compressible frame guard device for the frame of a window or door fitted in a wall, the wall having an exterior wall layer with a sill, the device comprising:

- a) a base extending from the frame adjacent the sill; and
- b) a compressive member extending from the base and having a datum surface disposed between the base and the sill.

11. The device of claim 10 wherein the compressive member comprises a strip of pliable material.

12. The device of claim 11 wherein the strip extends downwardly at an incline to the vertical.

13. The device of claim 12 wherein the compressive member is generally pivotable about an axis disposed along the compressive member adjacent the base.

14. The device of claim 13 wherein a portion of the compressive member opposite the base is bent upwards away from the sill.

15. The device of claim 10 wherein the device is attachable to the frame.

16. The device of claim 15 further comprising attachment clips extending from the base, the clips being shaped to snappingly engage an attachment recess provided in the frame.

17. The device of claim 10 wherein the device is integrally moulded with a frame for a window or door to form a single unitary structure.

18. The device of claim 17 wherein the device further comprises a break-away panel extending between the compressible member and an adjacent element of a frame for a window or door.